The Occipitalis

- Muscle is located at the back of your head - at the base of your skull
- Can cause tension headaches, eye and back of head pain

Pain distribution 1 - refers into back of head and eye
Life After Pain

Trigger Point Manual

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Trigger Point Maps

Treatment Option

Treatment Options

- Ischemic Pressure (by hand)
- Body Tool + ischemic pressure
- Myofascial Technique
- Cold and Hot Pack Treatment

Body Tool

Myofascial Release

Myofascial Release